

Fish Cookery



COLUMBIA RIVER
MARITIME MUSEUM
AUXILIARY
ASTORIA, OREGON

Cover --- "THE BUTTERFLY FLEET"

Gillnetting for Salmon on the Columbia River at the turn of the century.

COMMITTEE

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Illustrations by Mrs. Joe Dyer

MAY, 1969

ASTORIA, OREGON

FORWARD

Astoria, Oregon, the home of the Columbia River Maritime Museum, is situated near the mouth of the Columbia River, which is the habitat of some of the finest fish in the world.

Since the Lewis and Clark Expedition spent the winter of 1805-06 and the year 1811 when the Astor Fur Traders established a permanent settlement called "Astoria", fish has been an important part of the diet of the inhabitants of the lower Columbia River area.

The ladies of the Auxiliary of the Columbia River Maritime Museum herewith offer you their favorite fish recipes. Some have been "handed down" for generations and others have been adapted to use the latest shortcuts.

Here you will find a delightful variety of delicious and nutritious fish dishes.

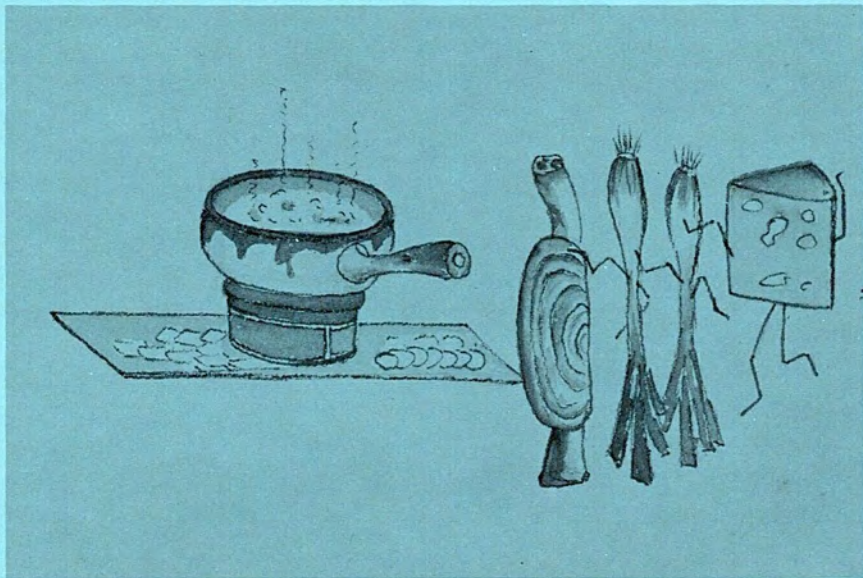
Bon appetit!

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APPETIZERS

HOT CHEESE CLAM DIP

- 2 jars sharp cheese
- 1/4 bunch green onions, chopped fine
- 1 tablespoon green pepper, chopped fine
- 1/2 tablespoon Worcestershire sauce
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic salt
- 1 can minced clams (use only 1/2 liquid)
- Several shakes Tabasco sauce

Mix together and bake in a slow oven until cheese is melted.

CLAM DIP

- 1 clove garlic
- 2 3 oz. packages Cream cheese
- 1/2 teaspoon salt
- 1 teaspoon Worcestershire sauce
- 1 teaspoon lemon juice
- 1/2 cup minced razor clams
- 1 tablespoon clam broth

Rub inside of small bowl with cut clove of garlic. Blend cheese with seasoning; add clams which have been drained and chopped; add clam juice. Put in bowl and chill. Eat as snack with potato chips or crackers.

MERI-TIME DIP

8 oz. package Philadelphia Cream cheese
1 can minced clams
2 tablespoons Durkee's sauce

1/2 teaspoon horseradish
1/4 teaspoon chili powder

Mix until well blended. Be sure to use as much of clam liquid as possible for the proper consistency. Usually all of it can be used. Serve with potato dippers.

SHAD ROE SPREAD

1 can Shad Roe
Mayonnaise

Garlic powder
Lemon juice

Remove membrane from shad roe and break roe apart. Add lemon, mayonnaise and garlic powder to taste. Let stand at least one-half hour. Mixture may have too much liquid after standing. If so, drain before serving.

TUNA PATE

- 1 can (7 oz.) tuna, drained
- 2 (3-oz.) packages cream cheese
- 2 teaspoons dry sherry
- 1 teaspoon seasoned salt
- 1 tablespoon lemon juice
- 1/8 teaspoon powdered dill
- 1/8 teaspoon white pepper
- 1 tomato
- Sprigs of fresh parsley
- 1/2-3/4 cup canned madrilene

Break up tuna with fork. Soften cheese. Blend first 7 ingredients together until smooth. If you like, decorate the sides of a 2-cup glass container with decorative strips cut from thin strips of tomato peel (a vegetable peeler makes this easy), also sprays of parsley. Wet the glass, and press on the decorations, and allow to dry. Pack the tuna mixture in next, taking care not to disturb the decorations. Chill for 1 hour. Decorate the top as you did the sides. Pour a thin coating of madrilene over the surface. Chill until madrilene is firm. Serve with melba toast or crackers.

Makes 2 cups.

TUNA BALLS

- 1 cup tuna
- 1/2 cup mayonnaise
- 1/4 cup green pepper, finely chopped
- 1/4 cup onion, finely chopped
- 1/2 cup bread crumbs
- Salt and pepper
- 1 egg
- 2 tablespoons water
- Dry bread crumbs

Mix together the first 6 ingredients and shape into balls. Beat the egg with the water. Roll the balls in the dry bread crumbs; dip in the egg mixture, then roll in crumbs again. Fry in oil until brown.

SHELL-FISH FONDUE

1½ tablespoons minced shallots or green onions

2 tablespoons butter

1¼ cups diced or flaked crab (cooked or canned) or minced canned clams

⅓ cup dry white wine or dry vermouth or sherry

Salt and pepper to taste

Optional: 1 tablespoon minced fresh herbs such as tarragon or chervil or ½

teaspoon dried tarragon or oregano

2 tablespoons butter

2½ tablespoons flour

1 cup boiling liquid (milk plus concentrated fish stock, mushroom juice, or clam juice)

⅛ teaspoon pepper

Salt to taste

1 egg yolk

¼ cup whipping cream

¼ cup grated Swiss cheese

Using a 2 quart sauce pan or an enameled skillet, cook shallots or onions in butter over low heat for 1 minute. Stir in crab or clams and cook slowly for 2 minutes. Add wine, cover and simmer for 1 minute. Uncover, raise heat and boil rapidly until liquid has almost evaporated. Season to taste, and stir in optional herbs. In separate sauce pan, cook butter and flour together very slowly for 1 minute. Off heat, beat in boiling liquid, salt and pepper. Boil, stirring one minute. Beat egg yolk and cream in bowl. Add hot sauce to mixture by spoonfuls while beating. Return to pan and boil, stirring for one minute. Sauce should be very thick. Fold previously prepared shellfish and cheese into sauce and check seasoning. If not used immediately, dot with butter to prevent skin from forming. Place filling in small tartlets, or on bread rounds, and bake in 450 degree oven for 5 minutes, or until filling is brown on top. If done ahead, reheat in 350 degree oven for several minutes.

Or chill filling, cut into squares or balls, dip in beaten egg and bread crumbs, and fry in deep fat. Makes 1 out of 2 cups.

SHRIMP FILLING FOR CREAM PUFFS

- 1/4 cup butter or margarine
- 1/4 cup flour
- 1 cup top milk
- 1/4 cup white table wine
- Salt and pepper
- 1/2 cup finely chopped celery
- 2 cans cooked shrimp

Melt butter or margarine and stir in flour. Add milk and wine. Cook, stirring constantly until mixture boils and thickens. Add remaining ingredients and serve hot in little cream puff shells.

CANLIS' SHRIMP

2 lbs. prawns or shrimp
2 tablespoons butter
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 oz. dry vermouth
Juice of 1/2 lemon

Salt and salt again. Saute shrimp in butter. When done, add lemon and vermouth. Cook over hottest fire one minute.

SHRIMP AND CUCUMBER CANAPES

- 1 can shrimp (drained)
- 2 tablespoons butter, melted
 - Few grains cloves
 - Salt to taste
- 1/2 teaspoon pepper
- 1 teaspoon anchovy paste (optional)
- 1 teaspoon lemon juice
 - Cucumber (thin slices marinated in salad dressing)

Put shrimp through food chopper. Add butter, cloves, salt, anchovy paste, pepper and lemon juice. Spread on thin slices of bread or crackers. Top with thin slice of cucumber marinated in dressing for 15 minutes.

CREAMY SHRIMP DIP

1 can shrimp
1/2 cup mayonnaise
1/2 cup sour cream

1/4 cup catsup
1 teaspoon lemon juice
1 teaspoon horseradish

Combine and chill 2 hours or over night.

HOT SHRIMP DIP

8 oz. Philadelphia cream cheese
3/4 cup mayonnaise
1 1/4 cups tomato soup
2 cans shrimp

Salt and pepper
Small amount onion powder
Approximately 1 teaspoon lemon juice
Mushroom pieces

Mix all ingredients in top of double boiler except shrimp. Place over hot water and when cheese has melted and mix is hot, fold in shrimp. Serve from chafing dish with crackers.

SHRIMP DIP

- 2 small cans shrimp
- 1 small jar stuffed olives
- 2 hard boiled eggs
- 3 or 4 sweet pickles
- 1/2 lb. Old English cheese
- 1/4 onion
- 1/2 green pepper

Put all ingredients in meat grinder starting with cheese. Mix in one pint Miracle Whip.
This can be made a day ahead and can be stored for several days.

DOROTHY'S DUNK

- 1 pint sour cream
- 1 tablespoon horseradish
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/2 package onion soup mix
- 1 can shrimp (one cup fresh)
- 1 can crab (one cup fresh)

All crab or all shrimp may be used.

CHEESE-STUFFED SHRIMP

- 2 lbs. cleaned and deveined large shrimp
- 1 tablespoon shrimp spice
- 1 quart beer (optional)
- 1/4 lb. blue cheese
- 4 oz. cream cheese
- 1 teaspoon bottled onion juice
- 1 teaspoon prepared mustard
- 1/4 teaspoon powdered rosemary
- 1 teaspoon prepared horseradish
- 1 cup chopped parsley

Wash shrimp. Tie spice in small piece of cheesecloth. Cook with shrimp and a little salt in beer or water until pink. Drain and chill.

For filling: Cream the two kinds of cheese with onion juice, mustard, rosemary and horseradish. Split the shrimp down the back almost, but not quite, through. Stuff with as much cheese mixture as the cavity will hold. Dip the cheese side in chopped parsley. Chill. Makes 4 or 5 dozen, depending on the size of the shrimp.

COCKTAIL PUFFS

Bring 1 cup of water to a boil. Add $\frac{1}{4}$ pound butter. When melted, stir in 1 cup sifted flour. Continue to stir briskly over moderate heat until the dough gathers into a ball. While dough cools, beat 4 eggs until very thick; add to cooled dough and blend thoroughly. Drop from a teaspoon onto greased cooky sheet. Bake in a hot oven (400 degrees) for about 15 minutes; cool on a rack. Makes about 60 puffs.

Filling:

- 2 cups crab meat
- $\frac{1}{2}$ cup diced celery
- 1 hard cooked egg
- 2 tablespoons dry parsley

Combine with mayonnaise and salt to taste. (Shrimp may be used instead of crab.)

HOT CRAB DIP

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| 1 can tomato soup | 1 cup milk |
| 1 can green pea soup | 3 cups crab |
| 1 can cream of mushroom soup (condensed) | |

Heat soups and milk; add crab. Serve in chafing dish.

COLD CRAB DIP

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|---------------------------------|--|
| 1/2 cup mayonnaise | 2 tablespoons horseradish (well drained) |
| 1/2 cup chili sauce | 1 clove garlic, crushed |
| 1 tablespoon dry mustard | 2 hard boiled eggs (chopped fine) |
| 1 teaspoon Worcestershire sauce | 1 cup crab |
| 1 dash tabasco | |

Mix and let set several hours before serving.

CRAB APPETIZERS

- 1 large package cream cheese
- 1/2 lb. or can of crab
- Heinz chili sauce

Place softened cream cheese on serving dish, cover with crab meat. Make a ribbon of chili sauce the length of the crab covered cheese. Place small spreading knives in the dish and serve with crisp crackers. Wheat thins or Triscuits are good.

More crab and chili sauce can be added to freshen the dish.

CRAB DIP

- 1 can crab meat (drained and flaked)
- $\frac{3}{4}$ cup sour cream
- 1 tablespoon chopped capers
- 1 tablespoon onion, grated
- 1 tablespoon lemon juice
- 1 tablespoon salad dressing or mayonnaise

Combine and chill thoroughly (2 or 3 hours). Makes one cup. Serve with celery or raw carrots as dippers.

STURGEON BALLS

3 lbs. ground sturgeon
2½ cups milk
1 tablespoon potato flour
Salt and pepper to taste

Grind sturgeon, then beat in beater and add milk a little at a time. Then add flour, mace, salt and pepper.

Cut ¼ lb. salt pork fine and boil in 2 quarts of water. Add sturgeon mixture by spoon making balls. Boil 20 minutes and serve with white sauce or fry cakes in butter and serve with brown butter gravy. Cook cakes in gravy 20 minutes.

Brown butter gravy: Brown 2 tablespoons butter until dark brown. Add 2 tablespoons wheat flour and blend. Add water enough to make sauce consistency of white sauce.

PICKLED SHRIMP AND MUSHROOMS

- 1 4-oz. can button mushrooms
- 1 can cooked shrimp (cleaned)
- 2 cloves garlic (halved) or less
- 1 medium onion, chopped
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup olive oil
- 1/4 cup wine vinegar
- 1/2 cup lemon juice
- 1/2 teaspoon dry mustard
- 3 small bay leaves

Marinate over night and serve on picks as appetizers.

PICKLED SALMON

- 3 lbs. salt salmon
- 1½ cups white vinegar
- 1½ cups cold water
- 2 cups sugar
- 2 medium onions, sliced
- 7 bay leaves
- Small handful of whole allspice

Soak salt salmon in cold water over night. Skin and cut thin in bite size pieces. Combine vinegar, water, sugar and spices. Pour over salmon in jar, add onions and refrigerate. Let stand two days before eating.

PICKLED SALT SALMON

To salt:

Skin side down—first layer. Roll in white sugar. Pack rock salt between layers. Leave 5 to 6 days in brine. Soak out in water 6 hours.

To pickle:

Remove skin and cut fish in cubes or strips. Place a layer of salmon and a layer of onion—thin strips or slices of lemon between each layer of fish in a 2-quart jar.

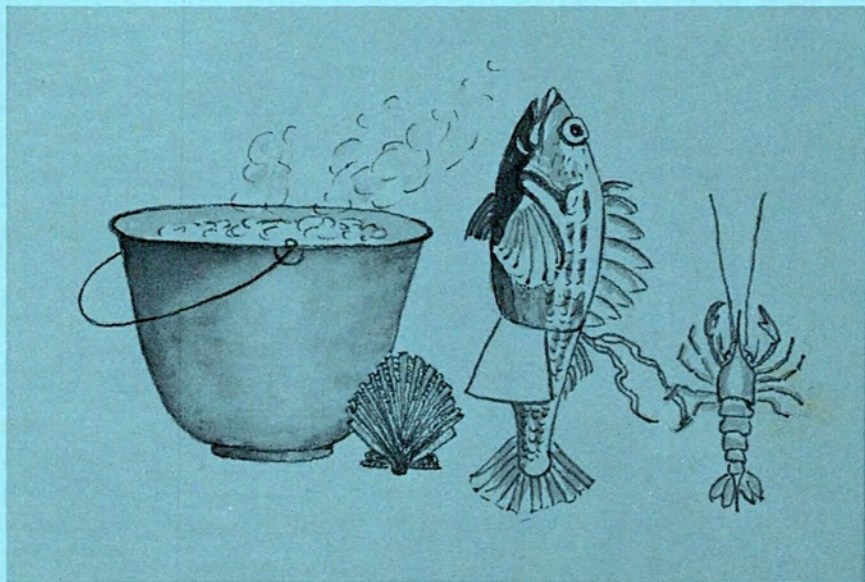
Make a brine of vinegar and remaining ingredients by heating until sugars are dissolved. Cool. Then cover fish. Ready to eat in 48 hours. Keeps a long time in refrigerator.

4 lbs. salt salmon	3 bay leaves, crushed
2 cups vinegar	1 tablespoon whole cloves
1 cup water	1 tablespoon celery seed
1/2 cup white sugar	1 tablespoon mustard seed
2 tablespoons brown sugar	

SPICED SALMON

- 2½ cups vinegar
- 1 cup water
- 1 teaspoon salt
- ¼ cup sugar
- 4 bay leaves
- 12 allspice
- 1 teaspoon salt
- ¼ tablespoon whole pepper
- 1 medium onion sliced

Cover sliced salmon with above ingredients. Bring to a simmer and cook until barely tender — about 5 to 10 minutes — don't overcook. Let cool in the brine until fish can be boned, skinned and cut into bite sizes. Put in jar with another fresh sliced onion (retain brine and discard onion in which fish was cooked), cover with brine and store in refrigerator for several days before using. May put a clove of garlic in jar, if desired. Will keep in refrigerator a couple of months.



SOUPS

CIOPPINO

SAUCE FOR SHELL-FISH

- 4 cloves garlic, minced
- 1 medium onion, finely chopped
- 1 green pepper, finely chopped
- 1 leek with leaves, finely chopped
- 3 green onions, finely chopped
- 1/2 cup oil
- 1 can (No. 2) tomatoes, chopped fine,
with juice
- 1 pinch thyme

Saute' garlic, onion, green pepper, leek, green onions in oil until golden. Add tomatoes, thyme, bay leaf and cook slowly, covered, 2 to 3 hours. Add salt and pepper to taste. At this point the sauce may be refrigerated, or frozen for later use. Add wine, cook 10 minutes longer. Allow clams and oysters to stand in fresh water for 1 hour to remove sand. Split lobsters in half, disjoint legs. Crack crab and disjoint. Cover with sauce and simmer 15 minutes.

4 generous servings.

- 1 bay leaf
- Salt and pepper to taste
- 2 cups dry white wine

SHELL-FISH ASSORTMENT

- 16 little neck or butter clams in shell,
uncooked
- 4 medium oysters in shell, uncooked
- 2 medium lobsters in shell, uncooked
- 2 medium crabs, in shell, cooked
- 8 large shrimp shelled, uncooked

BOUILLABAISSE

- | | |
|---|---------------------------------|
| 2 cloves garlic | 1/2 cup lemon juice |
| 1 1/2 cups ground onion | 1 cup sherry |
| 3 No. 2 cans tomatoes, sieved | 4 red snapper fillets |
| 8 cloves | 2 cans shrimp or 2 pkgs. frozen |
| 4 bay leaves | 8 oz. can mushrooms |
| 5 peppercorns | 1 pt. oysters |
| 6 cups fish stock (liquid from poached
fish, shrimp, oyster liquid, clam
juice or consomme' plus water) | 2 pts. prawns |
| | 2 crab |
| | 3 doz. butter clams |

Saute' onions and garlic in 1/2 cup oil. Cook shrimp, prawns, poach fish, clean butter clams. Add to onions the tomatoes and seasoning. Simmer 30 minutes. Add fish. Simmer 8 more minutes. Drop in oysters, clams, shrimp and mushrooms. Add 1 cup sherry wine just before serving. Serve with 2 loaves garlic bread and tossed green salad.

Serves 18 to 20.

CHINOOK SALMON CHOWDER

1/2 lb. butter
1 large onion, chopped
1 1/2 cups diced celery
1/2 cup flour
1/2 Gallon milk

8 cans Chinook Salmon (7 3/4 oz.)
4 cups cooked potatoes, diced
2 large plastic bags of mixed vegetables
1 teaspoon dill weed
1 tablespoon salt

Saute' the onion and celery in the butter until the onion is tender. Stir in the flour off the heat. Slowly add the milk, stirring. Remove the skin and any bones from the salmon and add along with potatoes, mixed vegetables, dill and salt. At this point the chowder may be frozen.

When ready to serve, cook until vegetables are done. Serve steaming hot with crackers. Makes 40 cups.

CRAB BISQUE

- 1 can cream of asparagus soup
- 1 can cream of mushroom soup
- 2 cups milk
- 1 cup sour cream (reserve some for
topping)
- 1 can crab meat
- 3 tablespoons sherry

Mix soups, milk, part of sour cream, add crab. Heat to boiling and add sherry. Top with reserved sour cream.

Serves 4 to 6.

CRAB SOUP SUPREME

- 2 cans crab meat
- 4 hard boiled egg yolks, mashed.
- 1 tablespoon grated lemon rind
- $\frac{2}{3}$ cup sweet sherry
- $3\frac{3}{4}$ cups milk
- 1 cup thin cream

Blend hard boiled egg yolks in the milk and cream. Add shredded crab meat, put into heavy sauce pan or top of double boiler. Allow to get very hot, but never boil. Add lemon rind and sherry just before removing from heat.

Serves 6 to 8.

SHELL-FISH BISQUE

- 1 can Dungeness crab, or equivalent in fresh crab or minced clams
- 1 can condensed green pea soup
- 1 can condensed tomato soup
- 2 cups light cream

Variations:

Use 1 cup of chicken stock and 1 cup of cream. Add 1 can cream of mushroom soup.

Optional seasonings:

- 1 tablespoon chopped green onions saute'd in 1 tablespoon butter
- salad herbs
- black pepper
- Sherry, Worcestershire sauce, or lemon juice to taste
- Almonds

Combine soups, shell-fish, and cream. Simmer 5 minutes (do not boil). Add seasonings, mix well, garnish with parsley. Serve immediately.

Serves 6 to 8.

QUICK CLAM CHOWDER

- 2 cans minced razor clams
- 1 can frozen potato soup
- 8 slices bacon
- 3 cups milk
- 1 tablespoon butter

Cut bacon into $\frac{1}{4}$ inch pieces and fry until crisp in soup kettle. Remove bacon and drain. Pour off bacon fat, leaving brown bits. Put clams with juice into kettle and add frozen soup. Heat slowly until soup is thawed. Add milk and heat, but do not boil. Add butter and bacon bits, and pepper to taste. Serve with heated pilot crackers.

Serves 4 to 6.

CORN-Y CLAM CHOWDER

- 1/4 pound salt pork, diced
- 1/4 cup chopped onion
- 2 carrots, diced
- 1 cup chopped celery
- 2 cups water
- 3 medium potatoes, cubed
- 1/4 teaspoon pepper
- 1 tablespoon salt
- 1 can creamed style corn
- 3 cans evaporated milk
- 3 cans minced clams and juice

Saute' pork in deep kettle until crisp, remove pork and drain on absorbent paper. Leave 2 tablespoons fat in kettle, and add chopped onion..Saute' until slightly brown. Add carrots, celery, water, potatoes, salt and pepper. Bring to boil and simmer until potatoes are tender. Add corn, milk, clams and juice, heat, but do not boil. Serve with crisp salt pork pieces sprinkled on top.

Serves 8 to 10.

OYSTER STEW

1/2 pt. oysters cut in pieces if large ones

1 qt. whole milk

3 tablespoons butter

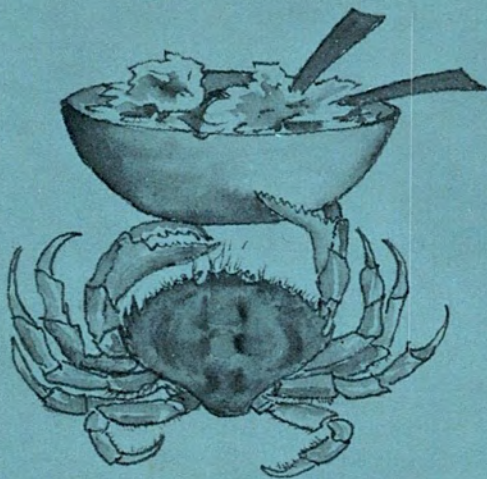
1 tablespoon Worcestershire Sauce

1 clove garlic

Salt and pepper

Rub the inside of the soup kettle thoroughly with garlic. Put butter and Worcestershire in kettle and heat. Add oysters and liquor. Cook slowly only until the oysters puff up and the edges curl slightly. Add milk and heat slowly—never boil. Salt and pepper to taste.

Serves 4 to 6



SALADS

Geneva says this is one of her "old reliables" because it's easy to fix and so versatile. It makes luncheons a little more special, compliments a variety of dinner entrees and is a sure bet at a potluck.

HOT SEAFOOD SALAD

- 1 C. shrimp meat
- 1 C. crab meat
- $\frac{3}{4}$ C. mayonnaise
- 1 C. chopped celery
- 1 green pepper, chopped
- 3 Tbs. onion, chopped
- $\frac{1}{2}$ t. salt
- $\frac{1}{2}$ t. pepper

- 1 t. Worcestershire sauce
- $\frac{3}{4}$ C. buttered bread crumbs

Combine all ingredients, except bread crumbs. Put into greased flat baking dish, and top with buttered bread crumbs. Bake at 350° F. for 30 minutes. Serve hot.

FINLAND SALAD

- 4 hardboiled eggs, cubed
- 2 cups cooked beets, cubed
- 1 cup cubed cooked potatoes
- 1/2 cup chopped celery (optional)
- 2 cups cooked carrots, cubed
- 2 tablespoons chopped onion
- 1/4 cup cubed herring or salt salmon

Combine all ingredients, serve with dressing or mayonnaise. An excellent dressing can be made by whipping one cup of cream and seasoning the heavily whipped cream with the juice of pickled beets. This is a very colorful salad for smorgasbord when decorated with rows of chopped beets, carrots, yolks of eggs, white of eggs and parsley.

Serves 8.

SALMON MOUSSE

2 tablespoons granulated sugar
1 teaspoon salt
1/4 cup vinegar
1 egg yolk, beaten
1 envelope Knox gelatine
1/4 cup cold water

1 teaspoon dry mustard
1 teaspoon bottled horseradish
2 cups canned or leftover salmon
1 cup minced celery
1/2 cup heavy cream, whipped
stuffed olives and pimiento

Combine sugar, salt, and mustard in top of double boiler; add vinegar and egg yolk, while stirring. Cook over hot, not boiling water until of custard like consistency, stirring constantly. Remove from heat; then stir in gelatine which has been softened for 5 minutes in cold water. Add horseradish. Chill until slightly thickened; then add 1 cup of salmon, celery, and fold in whipped cream. Place decorative stuffed olive slices and pimiento strips in bottom of wet 1 quart mold, then turn mixture into mold. Chill, unmold and garnish with remaining flaked salmon and lettuce.

Serves 4.

CRAB DRESSING

- 1 cup crab
- 2 cups chopped onions (green)
- 1 8-oz. package cream cheese
- 1/2 teaspoon salt
- 1/2 cup sour cream
- 3 tablespoons lemon juice
- 1/4 cup white wine
- dash of garlic salt

Mix well. Chill. Just before serving, dot dressing over salad greens. Serves 6-8.

JELLIED CRAB SALAD

- 2 packages Lemon Jello
- 2 cups boiling water
- 3 tablespoons vinegar
- 1/2 teaspoon salt
- 1/2 cup mayonnaise
- 2 cups crab
- 3/4 cup celery (cut fine)
- 2 tablespoon pimiento stuffed olives
- 1 tablespoon onion juice

Dissolve Jello in boiling water. Add vinegar and salt. Chill until Jello begins to thicken then stir in the rest of the ingredients. Pour into molds and chill until set. (A fish mold is nice with olives as eyes).

Serves 8.

MOLDED SALAD WITH CRAB

- 1 cup tomato soup (do not dilute)
- 2 teaspoons Worcestershire sauce
- 1 envelope gelatine
- 1/2 cup cold water
- 1 cup mayonnaise
- 1 cup (1 can) crabmeat
- 3 hard cooked eggs, minced
- 1 cup celery, cut fine

1 tablespoon minced onion (garlic if desired)

Add sauce and gelatine soaked in cold water to the heated soup. When cool, add other ingredients mixed well. Chill until set.

Serves 6.

MOLDED CRAB SALAD

- 1 package lemon jello
- 1 cup hot water
- 1 package Philadelphia cream cheese
- 1/2 lb. crabmeat
- 1 can tomato soup
- 1/2 cup mayonnaise
- 1/2 cup chopped celery
- 1/2 cup sliced stuffed olives

Dissolve jello in hot water, and while it is hot, add the cheese and beat well with egg beater. Add soup and beat again. Next add the mayonnaise and beat again. After this mixture is quite well set, fold in the celery, crab and sliced olives.

Serves 6.

CRAB MACARONI SALAD

- 3 cups cooked macaroni
- 1 small jar pimienta
- 1/2 green pepper
- 1/4 cup chopped celery
- 1 can each of crab and shrimp
- 1/2 tomato only
- 6 each green onion and radish
- Chopped ripe olives (optional)
- Mayonnaise

Mix all ingredients well. Chill. Best if made the day before.

Serves 8.

CRAB SALAD

1/2 tablespoon Knox gelatine
1/4 cup cold water
1 1/2 tablespoons flour
3/4 teaspoon dry mustard
2 tablespoons sugar
5 tablespoons lemon juice
1 cup crab meat

2 tablespoons butter
1/2 teaspoon salt
1/2 cup condensed milk
1/4 teaspoon celery salt
1 egg
1/2 cup heavy cream

Soak gelatine in cold water. Mix dry ingredients, add slightly beaten egg, condensed milk and lemon juice. Cook over hot water stirring constantly until mixture thickens. Add gelatine and butter. When it begins to thicken, add crab meat and cream beaten stiff. Turn into buttered molds and chill.

Serves 6.

COLD CRAB SOUFFLE'

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| 1 package lemon gelatine | 1 cup boiled dressing |
| 2 cups hot fish broth (clam broth) | 1 cup mayonnaise |
| 1 cup whipping cream | 1 tablespoon vinegar |
| 6 cups crabmeat | |

Dissolve gelatine in boiling fish broth and let cool. Add boiled dressing, mayonnaise, vinegar and cream (whipped). Add crabmeat and mold overnight.

Serves 8 to 10.

SEAFARE SALAD

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| 6 large pineapple slices | 6 thick slices tomato |
| 24 crab legs | 1/4 lb. salted pecans |

Make croutons of 5 slices of bread, browned in 4 tablespoons butter. Place tomato slices on pineapple, sprinkle with pecans, cover with croutons and seafood.

Dressing: to 1/2 pint of Miracle Whip, add a number 2 1/2 can pears, cut into pieces. Add 1/2 the juice, 1 teaspoon grated onion and 1 tablespoon grated fresh cucumber.

Serves 6.

CRAB SALAD

- 1 cup crab
- 1 cup cottage cheese (drained)
- 1 cup mayonnaise
- 1 cup cili sauce
- 1 tablespoon lemon juice
- 1 1/2 cups chopped celery
- 1 cup whipping cream
- 2 tablespoons gelatine
- 1/2 cup cold water
- Salt

Heat chili sauce and cottage cheese. Add gelatine which has been dissolved in cold water. Add crab, mayonnaise, celery and lemon juice and salt. Set until syrupy, fold in whipped cream. Chill. Serves 12.

SEAFOOD SALAD

1/2 pound crab
1 can shrimp
6 hard boiled eggs, chopped
1/2 pound grated Tillamook cheese

22 rolled unsalted crackers
1 small jar pimiento
1/4 chopped green pepper

Mix all ingredients with enough mayonnaise to hold in shape.

CURRIED PRAWNS AND MELON SALAD

2 cups prawns (shrimp)
1/2 cup mayonnaise
1/2 cup sour cream

1/2 cup chopped celery
1 tablespoon curry powder

Mix together and chill several hours. Serve with melon balls, marinated and chilled in French dressing. Sprinkle melon balls with grated coconut.

LIME WHIP SHRIMP SALAD

- 1 package lime jello
- 1/4 teaspoon salt
- 1/2 cup Miracle Whip salad dressing
- 3/4 cup chopped celery
- 1 tablespoon chopped onion
- 1 can shrimp

Dissolve lime jello and salt in one cup of boiling water. Add 1/2 cup cold water and the Miracle Whip dressing. Blend with beater. Chill until firm one inch from edge of bowl. Beat until fluffy, folding in the chopped celery, onion and shrimp. Chill in mold.

Serves 6.

PACIFIC SHRIMP DRESSING

1/2 cup salad dressing or mayonnaise
1 tablespoon lemon juice
3/4 tablespoon finely chopped onion

2 tablespoons finely chopped pimiento
3/4 cup chopped Pacific shrimp

Combine salad dressing, lemon juice, onion, pimiento and Pacific shrimp. Stir until well blended. Use with the following salad.

LEMON CHEESE SALAD

1 cup hot water
1 package lemon flavored gelatine
4 oz. cream cheese
1/2 cup sliced celery

1/2 cup pitted ripe olives, sliced
1/2 cup whipping cream
Salad greens

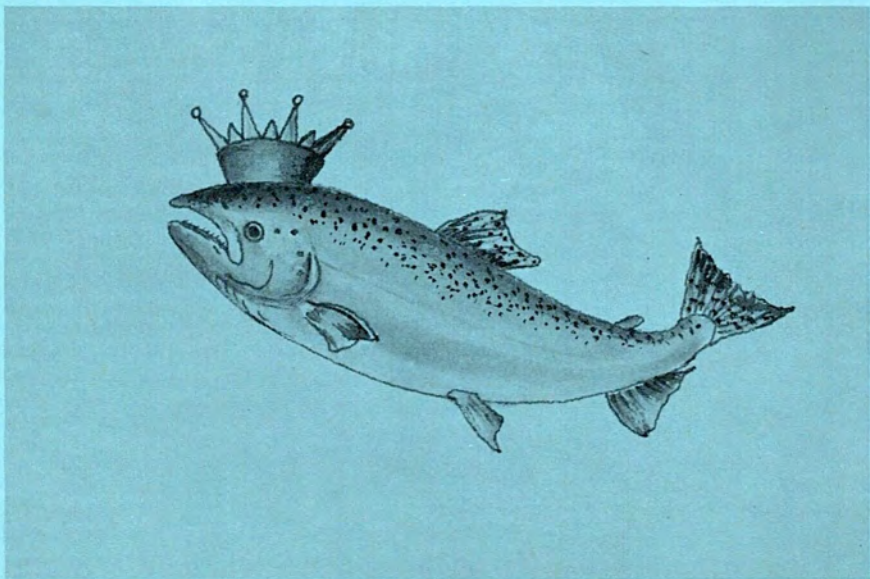
Pour hot water over gelatine and stir until dissolved. Cool until mixture is syrupy. Soften cream cheese with cream, then beat into gelatine mixture. Stir in celery and olives. Whip cream until thick, but not stiff, and fold into cheese mixture. Spoon into 6 individual molds or a one quart ring mold. Unmold on crisp greens, and serve with shrimp dressing.

CRAB LOUIS

- ¾ cup shredded lettuce
- 2 cups crab meat
- ½ cup chopped celery
- ¼ cup chopped green pepper (optional)
- 1 green onion (optional)
- Lettuce leaves

Place lettuce leaves in large bowl. Add ¾ cup shredded lettuce, top with crab meat, celery, green pepper, 1 green onion chopped. Serve with Sauce Louis. May be garnished with sliced hard boiled eggs, tomato wedges, and sliced avacado. Place ripe olives on top. For a sauce, combine ½ cup French dressing, ⅓ cup chili sauce, 2 tablespoons mayonnaise, ½ teaspoon Worcestershire with salt and pepper to taste.

Serves 4.



FISH

POACHED SALMON

2 cups water
1/2 cup clam nectar
1/2 cup dry white wine
1 envelope dried vegetable soup
1/2 cup dry vermouth
1 1/2 tablespoons dried onion
1/4 teaspoon thyme

Wrap fish in cheesecloth. Place 1/2 inch from bottom of pan on rack. Half cover with liquid. Poach slowly—do not let liquid boil. Poach 6 minutes per pound. Serve cold.

May also be done in oven. Bring liquid to boil—heat oven to 350 degrees. Put in oven—adjust temperature to simmer—250 degrees.

BAKED STUFFED SALMON

Choose a small whole fish or an 8 or 10 inch slice suitable for stuffing. Weigh the fish before stuffing.

- 1 can condensed tomato soup
- 3 tablespoons butter
- 1 small onion, diced
- 1 1/2 quarts soft bread crumbs
- 1/3 cup water

Melt butter and saute onion. Add tomato soup and water. Add bread crumbs. This will be a damp dressing, but add more bread if too damp.

Wipe inside of fish and salt and pepper it. Line a large flat pan with heavy foil. Place fish on foil and stuff. Wrap foil loosely around fish to hold stuffing and prevent juices from escaping. Do not close top completely.

Bake in 550 degree oven for 10 minutes. Lower oven to 450 degrees and bake 10 minutes per pound of fish.

BAKED SALMON WITH CRUMB TOPPING

A 10-12 pound salmon, cleaned and scaled. Place whole fish on baking sheet and place in 450 degree oven for 10 minutes. Remove from oven and peel off skin. Salt lightly—add the following crumb mixture, patting over top and sides of fish. Bake at 350 degrees for 12 minutes to each pound of fish or until fish flakes easily. Garnish with lemon.

Crumb mixture:

- 3 cups fine bread crumbs

- Juice of 2 lemons

- 1 cup melted butter

- 1 small onion, finely chopped

- Salt and pepper to taste

- Bay leaf (optional)

BAKED SALMON GEORGE WASHINGTON

- 3 pound piece of salmon
- 1 1/2 cup light cream
- 3 tablespoons butter
- 2 large cucumbers
- 1 large bay leaf
- 4 thin slices dry onion
- 1 clove garlic

Salt, pepper, thyme, parsley

Rub salmon with mixed salt, pepper and a dash of thyme. Melt 3 tablespoons butter and add the salmon and turn in the dish or pan to coat salmon with the butter. Add 1 1/2 cups light cream, 1 large bay leaf, 4 thin slices of dry onion, 1 clove garlic and some parsley. Peel 2 large cucumbers, cut them in strips and place around the fish. Bake in 350 degree oven about 40 minutes or until the fish is tender and the center bone can be pulled away easily. Discard the bay leaf, onion slice and garlic. Remove top skin, ladle some of the cream over salmon, salt and pepper lightly and put back in oven for short time to brown top a bit. Garnish with lemon and fresh parsley. Is best cooked in heavy foil wrap in open roaster.

Serves 6.

OVEN-COOKED SALMON CHEEKS

5 to 12 salmon cheeks per person—depending upon size of cheeks and appetites!

2 tablespoons salt per cup of milk

Dry bread crumbs

Soak cheeks 15 minutes in salted milk. Coat with bread crumbs. Preheat oven to 525 degrees. Place cheeks in large greased uncovered pan. Do not overlap. Bake 10 minutes.

This method is suited to any fish fillet, or fish steak. If fish steak is more than 1 inch thick, increase cooking time to 20 minutes. Do not substitute for bread crumbs.

BARBECUED FISH STEAKS

Soak 2 pounds salmon or other fish steaks for 3 minutes on each side in 2 tablespoons salt and 1 cup water.

Combine and mix well:

- | | |
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| 1/2 cup catsup | 3 drops tabasco sauce |
| 1/4 cup salad oil | 1 teaspoon grated onion |
| 3 tablespoons lemon juice | 1/2 teaspoon powdered mustard |
| 2 tablespoons vinegar | 1/4 teaspoon paprika |
| 1 tablespoon hickory liquid smoke | 1/4 teaspoon celery salt |
| 1 teaspoon Worcestershire sauce | 1/3 teaspoon poultry seasoning |
| 1 teaspoon salt | 1 tablespoon soy sauce |
| | 1 clove garlic, chopped |

Marinate fish in sauce for 30 minutes. Grill or broil in oven 7-10 minutes, or until it is lightly browned on one side; 5 minutes longer or until it flakes and is done on the second side. Baste with sauce before and after turning.

Serves 4-6.

LAKSLODA (Finnish)

Potatoes
Onion
Cracker meal

Pepper (optional)
Salt salmon
Canned milk

Soak salmon overnight. Place a layer of potatoes, sliced, into a well-buttered casserole. Arrange some onion slices on top. Dot with small pieces of salt salmon. Sprinkle some pepper and cracker meal on top. Repeat this procedure. Add water to barely cover the ingredients. The last half hour of baking time, remove the lid from casserole and add some canned milk to cover the potatoes. Bake in a 350 degree oven about 1½ hours or until potatoes are done. May substitute canned salmon for salt salmon, but then use salt on the potatoes. May also add butter the last ½ hour.

LAKSLODA (Norwegian)

Soak the salted salmon over night. Place layer of raw potatoes sliced and layer of salted fish. When half of ingredients are layered, sprinkle with flour and sliced thin onions. Continue alternating layers until casserole is full. Add milk to cover and dot with butter. Bake in 325 degree oven for one hour or until potatoes are done. No salt needed, but pepper is optional.

BILL'S SWEET AND SOUR SALMON

2-6 pound piece of fresh salmon

1/2 cup sugar

1 sliced onion

1 sliced lemon

2 dozen ginger snaps

Several bay leaves

6 or 8 cloves

Almost cover salmon with water in a deep pan. Fill to cover salmon with vinegar. Add other ingredients. Simmer until salmon is done when tested with a fork. Serve hot or cold.

TOASTED SALMON LOAVES

- | | |
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| 2 cups salmon (16 oz.) | 2 tablespoons melted butter |
| 1 cup dry bread crumbs | 2 tablespoons instant toasted onions |
| 1 cup grated American cheese | 1/2 teaspoon seasoning salt |
| 2 eggs, beaten | 1/2 teaspoon chervil or parsley |
| 2/3 cup milk | 2 tablespoons butter |
| Stuffed olive slices (optional) | |

Flake salmon with a fork. Stir in bread crumbs, cheese, beaten eggs, milk, 2 tablespoons melted butter, instant toasted onions, seasoning salt, and chervil. Mix well. Shape by hand into 6 small loaves. Place 2 tablespoons butter in heavy skillet. Over medium heat, saute salmon loaves, turning on all sides until golden and cooked through. Garnish with stuffed olive slices, if desired. Serve with mushroom sauce.

Mushroom Sauce:

Dilute one can of mushroom soup with a little milk and heat. Pour this over loaves.

Serves 6.

SALMON FRITTERS

- 1¼ cups sifted flour
- 1½ teaspoons baking powder
- 1 teaspoon salt
- ¼ cup yellow corn meal
- 1 egg, slightly beaten
- ¾ cup milk
- 1 pound canned salmon, drained
(2 cups)

Sift together flour, baking powder and salt, stir in the corn meal. Combine egg and milk; stir into dry ingredients until just combined. Break salmon into bite-size pieces and fold into batter. Drop by rounded tablespoons into deep fat (375 degrees). Fry just until golden brown, about 4 minutes. Drain on paper towels. Serve with creamed peas.

Makes 6-8 servings.

SALMON SOUFFLE

- 1 pound canned salmon
- 1 cup liquid (use liquid from salmon plus
milk to make volume)
- 3 eggs, separated
- 3 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon salt
- Dash each pepper and nutmeg

Drain and flake salmon, saving liquid. Melt butter and blend in flour and seasonings. Add liquid gradually and cook until thick and smooth, stirring constantly. Stir a little of the hot sauce into beaten egg yolk and add to sauce, stirring constantly. Add salmon. Beat egg whites until stiff but not dry. Fold gently into salmon mixture. Pour into well greased casserole and bake in moderate oven (350 degrees) for 45 minutes. Serve immediately.

Serves 6.

SALMON RICE LOAF

- 2½ cups cooked rice
- 1 cup salmon, flaked
- 2 eggs, beaten
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1½ tablespoons lemon juice
- 3 tablespoons butter, melted

Blend all ingredients together. Pack into greased loaf pan or baking dish. Set in shallow pan of water and bake in a 350 degree oven 40-45 minutes. Serve with hot tomato sauce.

Serves 6.

SALMON SOUFFLE LOAF

2 cans salmon
3 eggs, well beaten
1/2 cup bread crumbs
1/2 can mushroom soup
1 tablespoon Worcestershire
Minced onion, salt and pepper

Mix above ingredients together and make into loaf. Pour the other 1/2 can of mushroom soup over top. Bake 1/2 hour at 400 degrees.

Serves 6-8.

OLD FASHIONED SALMON LOAF

2 teaspoons lemon juice
1½ cups cooked fish
1 large onion
1 cup bread crumbs
1 tablespoon parsley
1 egg
1 tablespoon butter
½ cup milk

Mix together into a loaf. Bake in 325 degree oven 30 minutes.

Serves 6.

SALMON LOAF WITH SHRIMP SAUCE

- | | |
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| 2 cans salmon (2 cups cooked) | 1/2 teaspoon salt |
| 1 tablespoon lemon juice | 2 eggs, beaten |
| 2 tablespoons butter | 2 tablespoons minced parsley |
| 2 tablespoons flour | 1 cup regular rolled oats |
| 1 1/2 cups milk | 1 10-oz. can frozen shrimp soup |

Drain, bone and flake salmon. Sprinkle with lemon juice. Melt butter in saucepan, add flour, stir until smooth. Add milk all at once and cook, stirring constantly, until thickened. Stir in salmon, salt, eggs, chopped parsley, and rolled oats. Pour mixture into well-greased 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan. Bake in 350 degree oven 30 minutes. Heat frozen soup in double boiler and top loaf with soup.

Serves 4-6.

SALMON AND CHEESE CASSEROLE

- 1 cup scalded milk
- 1 cup soft bread crumbs
- 1 can of salmon
 - Juice from canned salmon
- 1 tablespoon butter
- 1 cup grated cheddar cheese
- 1 egg

Add butter to scalded milk and pour over the bread crumbs. Let stand two or three minutes. Add cheese, flaked salmon and juice. Last, add the well-beaten egg. Mix lightly until blended. Turn into well-greased casserole. Bake in 350 degree oven 45 minutes.

Serves 4.

FISH FILLET AU GRATIN

2 pounds fillets of flounder, salmon or
halibut
3 tablespoons lemon juice

1 tablespoon butter
Salt and pepper

Clean fish; sprinkle with salt and pepper. Place in buttered baking dish, pour lemon juice over, dot with butter and cover with foil and bake in hot oven (400 degrees) for 20-30 minutes. Pour sauce over fish, garnish with Duchess potatoes. Sprinkle with grated cheese and brown under broiler 10-15 minutes.

Sauce:

2 tablespoons butter
3 tablespoons flour
1½ cups fish stock and cream

Salt and pepper
2 egg yolks
3 tablespoons cold butter
2 tablespoons grated cheese

Melt butter, add flour and blend well. Add cream and fish stock and simmer for 10 minutes. Remove from heat and add egg yolks and cold butter, stirring until smooth. Season to taste.

Serves 6-8.

WHITE FISH IN TOMATO SAUCE

- 1 can tomatoes
- 1 can bouillon
- 3 tablespoons bacon fat
- 2 medium onions, chopped
- 1/2 cup chopped celery
- 2 tablespoons flour
- 1/4 cup sherry
- Season with salt, garlic powder,
parsley, bay leaf

Melt bacon fat in large skillet. Brown onion lightly, add flour—brown carefully. Add rest of ingredients except wine, and simmer one-half hour. Place large pieces of fish (cod, halibut or sole) in pan and cook until done. Add sherry last.

BAKED WHITE FISH

- 1 fresh lemon
- 1 large dry onion
- Sole, red snapper or halibut
- A few bay leaves

Place slice of fish on aluminum foil—place slices of lemon and slices of onion and one bay leaf on the fish—repeat with 2 or 3 slices of fish, lemon, onion and bay leaf. Fold foil and seal tightly. Bake 20 minutes in 400 degree oven.

WHITEFISH FILLETS WITH SOUR CREAM

- 1 pound fillets—serving pieces
- 1/2 teaspoon salt
- 1/2 teaspoon accent
- 1 cup sour cream
- 2 tablespoons butter
- 1/2 cup mushrooms
- 1 tablespoon flour
- Cracker crumbs
- 2-3 green onions, chopped

Season fish with salt and accent. Roll in cracker crumbs. Melt butter and slightly brown in skillet. Quickly brown fillets. Add mushrooms, onion and sour cream. Reduce heat, cover, simmer 15-20 minutes. Remove fish. Thicken cream with 1 tablespoon flour dissolved in very small amount of cold water. Pour over fish and serve.

Serves 4.

STEAMED HALIBUT

1 pound fillet of halibut, 1½-inch thick
½ teaspoon salt

1 tablespoon butter
1 teaspoon lemon juice
1 teaspoon minced parsley

Tie up in foil, patapar or heavy plastic bag. Simmer for 30 minutes. Mix 1 tablespoon flour with 1 tablespoon butter, add ½ cup thin cream and add to broth in bag and cook to thicken. Serve as sauce over halibut.

Serves 2.

BROILED RED SNAPPER

3 or 4 fillets of red snapper
1/4 cup Roquefort or bleu cheese

1/4 cup butter
2 tablespoons sherry (optional)

Cream Roquefort, butter and sherry. Spread on fillets and broil until done, or fish flakes easily with a fork.

Serves 4.

RED SNAPPER IN FOIL

8 fillets of red snapper
2 cups crab meat
2 cups shrimp (small)
5 tablespoons butter
5 tablespoons flour
1 cup hot milk

1 cup hot fish stock
2 egg yolks, beaten
4 tablespoons heavy cream
4 tablespoons white wine
Salt
Paprika

Sauce: Melt butter, stir in flour off fire. Cook until lightly browned. Stir milk and stock in gradually. Cook until thickened. Cover and cook over low flame 25 minutes, stirring occasionally. Add egg yolks and cream, then stir in wine, salt and paprika to taste. Place each fillet of snapper in center of large square of foil. Heap $\frac{1}{4}$ cup crab and $\frac{1}{4}$ cup shrimp on top of fillet. Cover with $\frac{1}{8}$ of sauce and seal foil. Place in 375 degree oven until hot through, about 30 minutes.

Serves 8.

BAKED BASS MEDITERRANEE

- 1 3-pound bass
- 2 cans sardines
- 1 large sliced onion
- 1 cup bread crumbs
- 3 tablespoons butter
- 1 cup white wine
- 2 egg yolks

Cut gashes diagonally in each side of fish and insert sardines creamed with butter. Put fish in buttered baking dish with more sardine paste across top. Add wine and onion to pan. Sprinkle bread crumbs on fish and bake in hot oven for about 40 minutes. Baste occasionally with wine. When done, pour pan juices on beaten egg yolks, cook over low heat until thickened. Pour on fish.

Serves 4.

FISH FILLETS IN QUICHE CUSTARD

4 fillets of sole or halibut
1 teaspoon minced onion
3 eggs
2½ cups thin cream

Lay fillets in a buttered casserole. Sprinkle with salt and pepper and minced onion. Make a rich unsweetened custard of the eggs and cream. Pour over fillets. Place casserole in pan of hot water and bake in 350 degree oven for 45 minutes. You may add shrimp, mushrooms or asparagus tips.

Serves 4.

CRAB STUFFED FILLET OF SOLE

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| 3 pounds fillet of sole | Salt and pepper |
| 6 tablespoons each butter and flour | Dash nutmeg |
| 2 cups rich milk | 1 pound cooked crab meat |
| 3 tablespoons dry sherry | 1 package frozen chopped spinach (10 oz.) |
| 1 teaspoon grated lemon peel | Melted butter |
| 1 teaspoon Worcestershire sauce | Grated Parmesan cheese |
| 1/2 teaspoon prepared mustard | Paprika |

Make cream sauce with ingredients 2-11. Place slice of sole in dish, cover with cream sauce, place slice of sole on top, dribble with butter, sprinkle with grated cheese and paprika. Bake in hot oven (400 degrees) for 20 minutes.

Serves 6.

FILLET OF SOLE—GOURMET

6 pieces of foil, 12x12
6 pieces of sole dipped in melted butter
1/2 pound crab meat
1/2 pound shrimp (shelled and cooked)
1/2 cup mushrooms, fresh sliced or 1 can
B&B.

Sour cream
Dry vermouth
Finely cut parsley, salt, ground pepper,
thyme, marjoram, paprika

In each piece of foil, place 1 piece of sole, salt and pepper to taste. Onto that, put an even portion of each—crab, shrimp, mushrooms, parsley. Again salt and pepper; a pinch each of thyme and marjoram. Add 1 tablespoon sour cream, 1 or 2 tablespoons dry vermouth, a good dash of paprika. Seal each into a package by drawing up the four corners and twisting, allowing air space for steam but being sure to make package air tight. Place on flat cooking tin and bake in 350 degree oven for 30 minutes. Serve in the foil with tossed green salad and French bread (for sopping up the juice). Sauterne could be used instead of vermouth.

Serves 6.

FILLETS OF SOLE—QUEEN ELIZABETH

4 fillets of sole
2 dozen tiny shrimp
1/2 cup chopped fresh mushrooms
4 large lettuce leaves
Juice of 1/2 lemon
1/2 bottle chablis

Saute fillets and shrimp in butter. Saute mushrooms separately and add enough cream to make a puree. Dip lettuce leaves in hot water and place in each a fillet, 6 shrimp and 1 tablespoon mushroom puree. Wrap lettuce around each fillet and secure with toothpick. Put in casserole with lemon juice and wine. Bake in 350 degree oven about 20-30 minutes. Serve with sauce blonde (equal parts of white and hollandaise sauce).

Serves 4.

ALBACORE CASSEROLE

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|--|---------------------------|
| 1 can chop suey vegetables (don't drain) | 1 can ripe olives, sliced |
| 1 can mushroom soup | 1 can chow mein noodles |
| 1 can albacore solid white tuna | About 1/2 cup milk |
| 3 hard cooked eggs, sliced | |

Mix all together. Bake in 350 degree oven until it bubbles.

Serves 6.

TUNA-RICE CURRY

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| 2 teaspoons curry in | 3 hard-boiled eggs, chopped |
| 2 cups cream sauce | 1 can chunk tuna |
| 1 cup cooked rice | 1 chopped onion |
| Salt and pepper | 1 tablespoon chopped parsley |

Mix all together—bake at 325 degrees for 1 hour. Sprinkle chopped green onions on top and serve with chutney.

Serves 6.

TUNA AND MUSHROOM CASSEROLE

- 1 small can mushrooms
- 1 cup tuna
- 1 cup cooked macaroni
- 1 package frozen peas and carrots
- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups broth
- Buttered bread crumbs

Arrange the mushrooms, tuna, macaroni and vegetables in alternate layers in a greased baking dish. Salt and pepper to taste. Melt the butter and blend in the flour. Add the broth gradually and cook slowly until thick. Pour over the tuna mixture. Sprinkle with buttered crumbs and bake in oven at 400 degrees until brown.

Serves 4.

BAGHDAD HASH

- 1 cup finely chopped onion
- 1 cup finely chopped celery
- 1 cup Chinese crisp noodles
- 1 medium bag potato chips
- 1 can chunk style tuna
- 1 can cream of mushroom soup
- 1 can water
- 1/4 pound coarsely chopped cashew nuts

Mix onion, celery, noodles, nuts and tuna (broken into bite size pieces) and toss lightly. Turn into lightly greased 2-quart casserole and add soup and water which has been thoroughly mixed. Top with crushed potato chips, cover. Bake at 325 degrees for about 45 minutes.

Serves 8.

MUSHROOM WHITE FISH

3 or 4 slices white fish

Salt and pepper

Flour

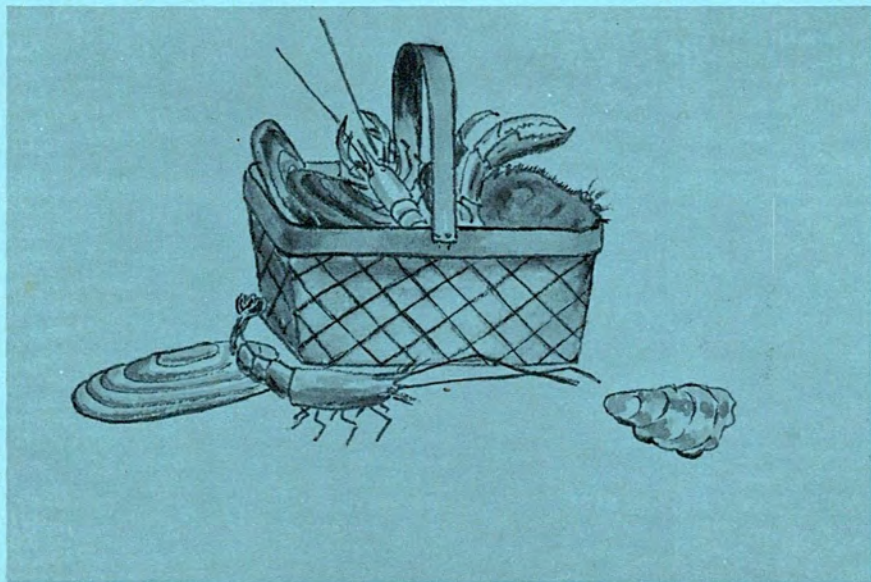
1 can mushroom soup

Sliced cheese

Parsley or parsley flakes

Lightly flour and salt and pepper the sliced fish. Brown on both sides in buttered pan. Spoon mushroom soup over fish. Add sliced cheese and parsley. Cover and cook over low heat for 20 minutes.

Serves 3-4.



SHELL FISH

CRAB IMPERIAL

- 2 cups crab meat
- 3 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/8 teaspoon nutmeg (optional)
- 2 teaspoons minced parsley
- 2 teaspoons lemon juice
- 1/2 cup cracker crumbs

Make a sauce of butter, flour and milk. Add all seasonings and crab meat mixing well. Fill six crab shells and top with cracker crumbs. Bake in a 350 degree oven until brown and serve with lemon and parsley. This can be baked in a greased casserole.

CRAB CAKES

- 4 slices bread
- 1/2 cup cooking oil
- 1/8 teaspoon dry mustard
- 1/2 teaspoon salt
- Dash paprika
- 1 teaspoon Worcestershire sauce
- 2 eggs
- 1 tablespoon chopped parsley
- 1 pound flaked crab meat
- 1 pound crab meat in pieces

Trim crusts from bread, lay in flat pan and pour oil over them. Let stand about 1 hour, then pull apart lightly with 2 forks. To the small bits of bread, add seasonings, yolks of eggs and crab meat. Mix lightly with fork. Fold in stiffly beaten egg whites and shape into 18 cakes. Brown in hot skillet just brushed with butter.

CRAB AU GRATIN

- | | |
|---|---------------------------|
| 3 fresh crabs, pick out meat and scrub
and save crab backs | 1 teaspoon soy sauce |
| 1/4 pound butter | 1/2 teaspoon chili powder |
| 2 tablespoons flour | 1 can mushroom soup |
| 2 cups half and half | Parmesan cheese |
| 1/2 cup grated cheese | Ham or bacon |
| 1 tablespoon Worcestershire sauce | Catsup or cocktail sauce |
| 1/2 teaspoon curry powder | Salt and pepper |

Make cream sauce with butter, flour and half and half, let cook for several minutes. Add cheese, sauces, powders, salt and pepper to taste, and soup. When blended, fold in crab meat. Fill each crab back with mixture about 1/2 full, then top with Parmesan cheese, ham or bacon and catsup or cocktail sauce. Bake in 350 degree oven about 45 minutes or until ham or bacon is crisp. One crab will serve 2.

Crowd-Pleasin' Cod Sandwiches

A West Coast
Fisheries Development
Foundation Recipe



**1/2 pound Pacific/True or
Ling Cod fillets**
1/4 cup butter
3 tablespoons flour
1/2 teaspoon dry mustard
dash cayenne pepper
2 cups milk

1/2 teaspoon Worcestershire sauce
1/2 teaspoon salt
1 egg, well-beaten
1 cup grated sharp Cheddar cheese
3 English muffins, split and toasted
6 tomato slices
parsley

Poach fish according to Easy Poached Fish* recipe. Flake into small pieces; set aside. In medium saucepan, over medium heat, melt butter. Stir in flour, mustard and cayenne pepper. Reduce heat; gradually add milk, stirring constantly. Add Worcestershire sauce; continue cooking over medium heat until thickened. Gradually stir about 1/2 cup of hot mixture into eggs; return to mixture in saucepan. Continue cooking for 1 minute more, stirring constantly. Add cheese; stir until melted. Stir in fish; heat through. Place toasted muffin halves on baking sheet. Top each with tomato slice. Broil 3-4 inches from source of heat for 1 minute. Remove to serving plates; top with sauce. Garnish with parsley. Serve immediately. Makes 6 servings. (NOTE: Recipe may be doubled or tripled to serve a crowd!)

*(See back side for Easy Poached Fish recipe)

***Easy Poached Fish**

1 quart water

1/2 medium onion, sliced

6 whole black peppercorns

3 whole allspice

3 tablespoons lemon juice

1 bay leaf

1 teaspoon salt

1/2 cup dry white wine

Combine all ingredients in large skillet or Dutch oven. It may be necessary to double or triple recipe if larger amount of liquid is needed to be sure fish is just covered during poaching. Simmer for 20-30 minutes to blend flavors. Add fish; cover and simmer over low heat for 15-25 minutes, or until fish flakes easily when tested with a fork. (NOTE: Avoid using high heat. Boiling action will break up fish.) Lift cooked fish carefully from liquid with wide spatula. Drain well, patting excess moisture from fish with paper towels if necessary. Poached fish may be served hot or cold with a complementary sauce or flaked/chunked and used in casseroles, spreads, etc.

SCALLOPED CRAB AND CORN

- 5 tablespoons butter
- 5 tablespoons flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 1/2 cups milk
- 1 cup buttered bread crumbs
- 2 eggs, well beaten
- 4 or 5 drops tabasco
- 1/2 medium onion, grated
- 1 cup whole kernel corn
- 2 generous cups crab meat

Melt butter, stir in flour and salt and pepper. Blend in milk, stirring constantly, and cook until white sauce thickens. Remove from heat, add beaten eggs gradually, stirring to keep smooth. Add tabasco, onion, crab and corn (which has been put through food chopper). Place in greased baking dish, top with buttered crumbs. Bake in a 325 degree oven about 1 hour.

CURRY CRAB AVACADO

- 3 6½ oz. cans crab meat
- 4 medium avacados
- Little salt
- Lemon juice
- 3 teaspoons horseradish
- 6-oz. jar Hollandaise sauce
- 1 teaspoon curry powder
- 6 tablespoons white wine
- Dash of Worcestershire sauce
- 1 cup buttered bread crumbs

Pick over crab meat, keep 8 legs whole. Cut avocados in half lengthwise and remove pits. Sprinkle each half with lemon juice. Combine rest of crab with Hollandaise sauce, curry, salt, horseradish, wine and Worcestershire. Heat mixture slightly and spoon into avocado halves which have been dusted with salt. Top each with crab leg and sprinkle with buttered crumbs. Place under broiler for 4 minutes.

Serves 8.

CRAB AND TUNA BAKE

- 1/4 pound margarine
- 1/2 cup flour
- 1 3/4 cups milk
- 1 large can evaporated milk
- 1 cup slivered almonds
- Cracker crumbs
- 7 oz. can mushrooms
- 6 hard cooked eggs, chopped
- 1 cup crab meat
- 1 can tuna
- Salt and pepper

Melt margarine, stir in flour then blend, and add milk and evaporated milk. Stir and cook until smooth and thick. Stir in mushrooms and liquid, chopped eggs, crab and tuna, almonds, salt and pepper. Pour into baking dish, cover with cracker crumbs. Bake for one hour at 350 degrees.

Serves 6.

CRAB GUMBO

- 4 slices bacon
- 1 small chopped onion
- 4 tablespoons flour
- 1 tablespoon butter
- 1 can tomato puree
- 2 cups crab meat
- Salt and pepper to taste
- Cooked rice

Dice bacon and brown—add chopped onion. When onion is browned, remove onion and bacon. Add butter to bacon fat, and the flour, then add the tomato puree with small amount of water to thin. Then add crab, bacon, onion, salt and pepper and simmer 1/2 hour. Serve over rice.

CRAB OR TUNA CASSEROLE

- 8 slices bread (crust removed)
- 1 cup celery, cut small
- 1 cup green pepper
- 4 or 5 green onions
- 2 cups crab or tuna
- 1 cup Tang (or mayonnaise)
- 4 eggs, beaten
- 3 cups milk

Place bread in 8x12 pan, combine all ingredients except eggs and milk, spreading on bread, and cover with beaten eggs and milk mixture. This must stand in refrigerator overnight. Bake at 325 degrees for one hour.

CRABWICH

Combine:

- 1 large package cream cheese
- 1 tablespoon onion juice
- 1 tablespoon catsup
- 1 tablespoon mayonnaise
- 1/2 pound crab meat (or 1 large can)
- 1/4 teaspoon salt
- Dash Worcestershire sauce

Mix and spread on opened hamburger buns—top each bun with 1 slice of fresh tomato and 1 slice of sharp cheese. Bake 15 minutes in 400 degree oven—serve hot!

CRAB CASSEROLE

- 1 pound fresh crab meat
- 4 cups cooked rice
- 2 cups grated sharp cheese
- 4 hard cooked eggs, sliced
- 1 green pepper, sauteed in butter
- 3 tablespoons butter
- 3 tablespoons flour
- 3 cups milk
- 3 tablespoons mayonnaise
- Salt, pepper and paprika

Make a white sauce of the butter, flour and milk, adding mayonnaise and seasonings. Mix together other ingredients, add to white sauce and place into a greased casserole. Top with buttered bread crumbs or crushed corn flakes. Bake at 350 degrees for 30 to 40 minutes.

Serves 8.

GREEN PEPPERS STUFFED WITH CRAB MEAT

- 4 seeded green peppers
- 1 minced medium onion
- 3/4 cup chopped celery
- 2 slices diced bacon
- 1 cup soft bread crumbs
- 2 tablespoons butter
- 1 cup crab meat
- 2 eggs, slightly beaten
- Salt and pepper to taste

Heat oven to 375 degrees. Cook peppers in boiling salted water 5 minutes or until tender-crisp. Meanwhile, cook onion, celery, bacon and bread crumbs in butter over low heat until onion is tender. Flake the crab meat, add eggs, onion mixture, salt and pepper. Fill peppers with mixture and bake 20 minutes.

Serves 4.

CRAB AND RICE CASSEROLE

- 2 cups boiled rice
- 2 eggs
- 2 tablespoons melted butter
- 1 pound crab meat
- 1/2 pound Tillamook cheese
- 1/2 large green pepper, cut fine
- 2 cups milk
- Salt and pepper to taste

Combine all ingredients and place in buttered baking dish. Bake one hour at 350 degrees.

CRAB MEAT SOUFFLE

4 tablespoons butter
3 tablespoons sifted flour
1 cup milk, scalded
1 cup cooked crab
1 tablespoon sherry
1 tablespoon lemon juice

1 teaspoon salt
1/2 teaspoon pepper
dash cayenne pepper
5 egg whites
4 egg yolks, beaten

Melt the butter in a saucepan, add flour, and stir until smooth. Slowly add milk, stirring constantly. Cook over low heat 5 minutes. Add crab meat, wine, lemon juice, salt and pepper and cayenne. Mix well, and let cool for 5 minutes. Add the egg yolks gradually, stirring constantly to prevent curdling. Set aside to cool for at least 15 minutes. Preheat oven at 350 degrees. Beat the egg whites until stiff but not dry. Fold into the yolk mixture. Pour into an unbuttered 1 1/2-quart souffle dish. Bake 35 minutes. Serve at once.

CRAB AND MUSHROOMS IN WINE SAUCE

- 1 pound fresh crab
- 1/2 pound fresh mushrooms, sauteed in butter
- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 cup milk
- 1/2 cup white wine
- 1/2 teaspoon dry mustard
- 1/4 teaspoon tarragon

Make cream sauce, add crab and mushrooms. Place in individual casseroles. Shells are especially pretty, sprinkle with bread crumbs. Bake at 350 degrees for 30 minutes.

Serves 4.

CRAB AVACADO SANDWICH

- 2 tablespoons flour
- 3 tablespoons butter
- 1 1/2 cups cream
- 1/2 cup shredded Swiss cheese
- 2 tablespoons grated Parmesan cheese
- Few grains cayenne pepper
- 4 English muffins
- 1 pound flaked crab
- 8 pieces cheddar cheese
- 1 large avacado

Using first three ingredients, make cream sauce. Season with salt and pepper. Add Swiss and Parmesan cheeses and cayenne, and stir until cheese melts.

Split English muffins, butter, then toast. Put spoonful of sauce on each muffin half, arrange crab on each, then 1 slice cheddar cheese, then sliced avacado, finally more sauce. Brown under broiler, just until cheese melts, but avacado is not burned.

PARTY CASSEROLE

- 1 pound crab meat
- 1 pound shrimp
- 12 tortillas (frozen)
- 2 cans mushroom soup
- 3 cups cream sauce
- 2 cups processed Swiss cheese

Layer tortillas to fit dish, add layer of crab, layer tortillas, layer of shrimp, layer of tortillas, alternating same and add grated cheese last. Add the soup to the cream sauce, pouring generously between each layer. Spread cheese to cover top. Bake at 300 degrees for 45 minutes.

Serves 12.

BAKED CRAB AND SHRIMP

GOOD!

- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1 cup celery, chopped
- 1 can crab, flaked
- 1 - 2 can shrimp
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 cup mayonnaise
- 1 cup buttered bread crumbs (GARLIC BUTTER)

SPRINKLE W/ PAPRIKA

Combine all ingredients except crumbs; place in individual sea shells. Sprinkle with buttered crumbs and bake in moderate oven for 30 minutes, or may be baked in a greased casserole. Serves 8.

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CRAB AND OYSTER CASSEROLE

- 1/3 cup grated sharp cheese
- 3 cups thick white sauce, seasoned with salt and pepper
- 4 cans (about 2 pounds) flaked crab meat
- 1 quart oysters
- 1 cup buttered crumbs

not so good

Add grated cheese to hot white sauce, pouring it between alternate layers of crab meat and oysters in a greased baking dish. Sprinkle buttered crumbs between each layer and over the top. Bake 45 minutes in a 350 degree oven until delicately browned. May be baked for 30 minutes, cooled and frozen. When ready to use, thaw completely and bake for about 20 minutes. Caution, be sure white sauce is thick, and oysters and crab well drained.

Serves 12-15.

OYSTER PEPPERPAN ROAST

- 1 pint oysters (petite)
- 1/2 cube butter
- 3 cups catsup
- 1/2 large green pepper chopped
- 1 teaspoon Worcestershire
- 6 drops tobasco
- Juice of 1 lemon
- Salt and pepper to taste

Melt butter in hot skillet. Cook pepper in butter, mix all other ingredients except the oysters and pour into skillet. Let simmer about 2 minutes. Add oysters and let simmer until oysters are plump but do not boil. (If large oysters are used, cut into pieces.) Serve on hot buttered toast points.

Serves 4.

TOASTED ALMOND SEAFOOD CASSEROLE

- 1 cup crab meat
- 1 cup shrimp
- 2 cans cream of mushroom soup
- 1 cup finely sliced celery
- 1/4 cup minced onion
- 1 can (3 oz.) crisp fried noodles
- 2 1/2 oz. toasted almonds, chopped
- 1 small can whole mushrooms

Combine all but almonds and mushrooms, turn into greased casserole, sprinkle almonds over top and garnish with whole mushrooms. Bake 25 minutes in 375 degree oven.

Serves 6.

SAVORY SEASIDE CASSEROLE

1/2 pound crab meat
1/2 pound shrimp
1 (15 oz.) can artichoke hearts
2 tablespoons lemon juice
1/2 cup grated sharp cheddar cheese
1/4 cup butter

5 tablespoons flour
2 cups milk
1/4 cup dry sherry wine
1/8 teaspoon pepper
2 teaspoons Worcestershire sauce

Arrange crab in shallow buttered casserole with shrimp and artichoke hearts. Sprinkle with lemon juice and grated cheese.

For sauce, melt butter and blend in flour. Gradually add milk, stirring and cooking until thickened. Stir in sherry wine and seasonings. Pour sauce over crab mixture in casserole. Bake in 350 degree oven 20 to 25 minutes. Serve over toast points if desired.

Makes 4 to 6 servings.

SEAFOOD CASSEROLE

- 1 7 oz. can tuna
- 1 can crab
- 1 can shrimp
- 1 6 oz. can mushrooms
- 1 8 oz. can water chestnuts, sliced
- 1 teaspoon tobasco
- 1/2 onion, chopped
- 1/2 green pepper, chopped
- 1 cup medium white sauce
- 4 hard cooked eggs, cut up
- 1 can cream of mushroom soup
- Salt and pepper to taste

Combine all ingredients, place in buttered casserole and bake at 350 degrees for 45 minutes.
Serve over Chinese noodles or cooked rice.

Serves 8.

PACIFIC SEAFOOD CASSEROLE

- | | |
|--------------------------------------|-------------------------------------|
| 1 lb. small shell macaroni | 1/4 teaspoon pepper |
| 1/2 cup butter | 4 cups milk |
| 3/4 cup chopped green pepper | 1 1/2 cups shredded American cheese |
| 3/4 cup chopped green onion | 1 tablespoon lemon juice |
| 1 6 oz. can sliced drained mushrooms | 1 teaspoon powdered mustard |
| 2/3 cup flour | 1/2 teaspoon Worcestershire sauce |
| 2 teaspoons salt | 1 lb. cooked shrimp |
| | 1 lb. crab meat |

Cook macaroni—drain and set aside. Melt butter in saucepan, stir in the green pepper, onion and mushrooms, cooking until onion is soft. Remove from heat and blend in 2/3 cup flour, salt and pepper. Cook until blended, stir in the milk gradually. Blend in the cheese, mustard, lemon juice and sauce. Cook until blended, add the shrimp and crabmeat, heat in casserole.

PAELLA

- | | |
|---------------------------------|-------------------------------|
| 4 tablespoons olive oil | 1 1 lb. can peas |
| 1 cut up fryer | 1 can condensed bouillon |
| 1 teaspoon accent | 1 teaspoon salt |
| 1 teaspoon salt | 1 teaspoon saffron (optional) |
| 1 cup diced celery | 1/4 teaspoon tobasco sauce |
| 1/2 cup chopped onion | 1 lb. cooked shrimp |
| 1 3 oz. can mushrooms | 1 1/2 lb. mussels or clams |
| 1 13 oz. package rice (instant) | 1 lb. scallops |

Sprinkle fryer with 1 teaspoon salt and 1 teaspoon accent and brown in olive oil. Add celery, onion and cook about five minutes. Drain liquid from mushrooms and add liquid to above. Cover tightly and cook 30 minutes. Drain liquid from peas, add bouillon and enough water to make 4 cups liquid. Add 1 teaspoon salt, saffron and tobasco to liquid. Add mushrooms, peas and seafoods and bring to a boil. Then add rice and simmer until rice is ready. It should absorb all the liquid. Any combination of seafoods can be used in the above proportions. And if desired to serve the way the Spanish do, leave the small butter clams and shrimp in shells, cook separately, and place on platter around the rice mixture.

Serves 8-12 people.

CLAM LOAF

- 2 lbs. ground clams
- 1 lb. pork sausage or hamburger
- 2 cups cracker crumbs
- 1 cup milk, or liquid from clams
- 1 small onion, minced
- 2 eggs, slightly beaten
- 1 tablespoon ground pimiento
- 1 tablespoon green pepper
- Garlic, if desired
- Salt and pepper to taste

Mix ingredients as above, mold into loaf pan and bake 1 hour in moderate oven. May be served with cream sauce, or parsley and chopped egg, or mushroom sauce.

CLAM FRITTERS

- 24 clams
- 4 beaten eggs
- 1 teaspoon chopped green onion
- 2 rounded tablespoons Matzoh
- 1 teaspoon Johnny's Seafood seasoning
(to taste)

Put clams through food chopper, add remaining ingredients, mix and drop by teaspoons into cooking oil. Have electric skillet set at 350-375 degrees. Cook until just browned and turn.

CLAM SOUFFLE

- 12 to 14 square salted crackers
- 1 cup milk
- ¼ cup melted butter
- 2 well beaten eggs
- 1 flat can minced clams—not drained
- 1 minced green pepper
- 1 medium onion, chopped
- Salt and pepper to taste

Crumble crackers on bottom of baking dish. Mix milk and eggs and butter. Add other ingredients, pour over crackers. Let stand 20 minutes. Bake one hour at 325 degrees. Pour hot mushroom soup over each serving. Fresh clams may be used, using 1 cup ground clams.

SPEEDY CLAM BRUNCH

- 1 hamburger bun
- Garlic butter
- 1 cup ground clams
- 2 tablespoons butter
- 2 eggs
- 1 cup half and half (or condensed milk)
- Salt and pepper
- Dash of paprika and/or parsley

Slice bun into two parts. Spread with garlic butter. Toast buns. Heat half-and-half in skillet. Poach eggs slowly. Melt butter in saucepan. Heat clams lightly in hot butter to avoid toughening. Place buns in flat soup plates. Cover with clams and juice. Place poached egg and milk sauce on top of clams. Add garnishments. Serve with fork and tablespoon. Easy to do for dozens. Takes about ten minutes to fix.

Serves 2.

SHRIMP WITH RICE

- 3 cups cooked rice
- 1 tablespoon Worcestershire sauce
- 1 4 oz. can tomato sauce
- 1 cup shrimp
- 1 cup half and half
- 1 cup sauteed thin sliced onions
- 1 can mushroom soup
- 1 can cream of chicken soup
- Salt and pepper to taste

Heat the cream of mushroom and cream of chicken soups in double boiler. (Do not add water.) Mix other ingredients and place in casserole. Sprinkle top with crumbs, Bake 45 minutes in 350 degree oven—Top with the sauce. This recipe can be doubled and redoubled to make for a large crowd. I use my turkey roaster and have made enough to serve 30.

BAKED STUFFED SHRIMP

Use jumbo shrimp, allowing 3 per serving

- 3 tablespoons finely chopped scallops
- 2 oz. Chablis wine
- 2 cups cracker meal
- 1 teaspoon paprika
- 2 tablespoons finely crushed potato chips
- 2 teaspoons Parmesan cheese
- 2 tablespoons melted butter

Split shrimp and mix the rest of the ingredients. Stuff shrimp, and place in pan with a little water to prevent shrimp from drying out. Bake 20 minutes in 325 degree oven. Amount given will stuff 12 jumbo shrimp.

SHRIMP CURRY

- 1/4 cup butter
- 1/4 cup finely chopped onions
- 1/4 cup finely chopped celery
- 1/4 cup flour
- 2 tablespoons finely chopped pimienta
- 2 teaspoons curry powder
- 1 chicken bouillon cube
- 1 cup sherry
- 1 cup milk
- 1 teaspoon lemon juice
- 1 1/2 lbs. cooked shrimp
- 3 to 4 cups hot cooked rice

Melt butter in saucepan—add onion and celery—saute 'til tender. Blend in flour, pimienta and curry powder. Dissolve bouillon cube in small amount of boiling water. Add sherry and milk slowly, stirring constantly until mixture thickens. Add lemon juice and shrimp. Heat thoroughly, serve on rice.

SHRIMP JAMBALAYA

2 cans shrimp	1 cup uncooked rice
1/2 cup diced ham	1/4 teaspoon salt
2 tablespoons shortening	1 bay leaf
1/2 cup chopped onion	1/2 teaspoon thyme
1 cup chopped green pepper	Dash cayenne
2 cloves garlic, finely minced	1/4 cup chopped parsley
1 1/2 cups canned tomatoes	1/2 cup chopped toasted almonds
1 1/2 cups shrimp liquid and water	

Drain shrimp, reserving liquid. Saute ham in shortening for about 3 minutes. Add onions, green pepper and garlic. Cook until tender. Add tomatoes, liquid, rice and seasonings. Cover and cook 25 to 30 minutes stirring once or twice. When rice is done, add shrimp and parsley. When served, top with almonds. A good accompaniment for jambalaya is grapefruit and avacado salad with French dressing, thick slices of hot French bread, and strong black coffee.

MUSHROOM AND SHRIMP ORIENTAL

- 1 lb. fresh mushrooms (or 2 6-8-oz. cans)
- 1 tablespoon salad oil, butter or margarine
- 2 medium onions, sliced
- 1 clove garlic, finely minced
- 1 lb. peeled and deveined shrimp
- 2 cups sliced celery
- 1 green pepper, sliced
- 1 can water chestnuts, drained and sliced
- 1½ teaspoons salt
- ⅛ teaspoon ground black pepper
- 1 cup hot bouillon
- 4 teaspoons soy sauce

Rinse, pat dry and slice fresh mushrooms (about 5 cups) or drain canned mushrooms. Heat oil in a large skillet. Add mushrooms, onions and garlic and saute for 5 minutes. Add remaining ingredients and bring to boiling point. Reduce heat and simmer 12 to 15 minutes or until vegetables are crisp-tender. Serve immediately with steamed rice if desired.

Serves 4.

SWEET AND SOUR SHRIMP

- 1 12-oz. can pineapple chunks
- 1 6-oz. can mandarin oranges
- 1 green pepper, diced
- 1 medium onion, coarsely grated
- 1/2 cup catsup or tomato sauce
- 1/4 cup vinegar
- 1 tablespoon cornstarch
- 1 lb. shrimp or prawns

Heat first five ingredients, including juices, to almost boiling. Mix cornstarch and vinegar together and add to pot, stirring until thickened. If not thick enough, add more cornstarch. The amount of juice varies with different cans. Add shrimp and heat through. Serve with Rice Salad.

An easy Rice Salad which may be served hot or cold, is made by combining 2 cups cooked rice, one cup of diced celery, chives or scallions and pimiento, 1 teaspoon curry powder and 1/2 cup mayonnaise. It can easily be doubled, tripled, etc., and can be made a day or two ahead of serving.

Serves 6.

SCALLOPS NEWBURG

- 1 lb. scallops
- 2 tablespoons butter
- 1/4 cup sherry
- 2 tablespoons brandy
- 3 egg yolks, slightly beaten
- 1/2 cup thin cream
- 1/2 teaspoon salt
- Cayenne

Rinse and drain scallops, cover with cold water. Heat slowly to boiling and drain. Cook scallops in butter for 3 minutes, breaking into small pieces as you stir. Add brandy, and sherry and cook 1 minute longer. Mix egg yolks and cream and add to scallops, cooking just until mixture thickens, stirring constantly. (If overcooked, sauce will curdle.) Remove from heat immediately, season with salt and cayenne and serve on toast or patty shells. This would be perfect for chafing dish.

Serves 4.

STEAMED MUSSELS WITH NECTAR

- 2-3 dozen medium sized mussels
- 1 medium onion
- 1 can condensed milk
- 1 or 2 small red peppers
- Butter, salt

Scrub mussels well with stiff brush. Place in large kettle and barely cover with cold water. Cut onion in slices and add together with red peppers. Bring to boil and then let simmer until shells open. Remove mussels to platter. To eat, hold the portion of the mussel with hair and gristle, which is not edible, dip the mussel meat in melted butter and eat.

To make nectar, strain the liquid through cheesecloth, add milk, butter and salt to taste and simmer gently for about ten minutes. Serve in mugs.

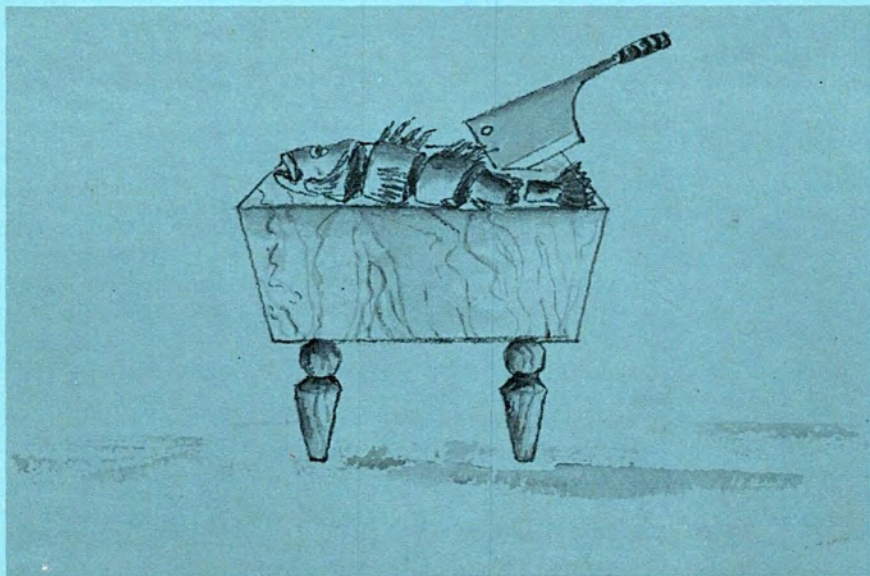
For delicious mussels, gather them at low tide, scrub well, and steam until shells open. Remove from shells, trimming off the "whiskers," and place 3 or 4 mussels in large buttered mussel shells. Season with seasoned salt, cover with mashed potatoes, sprinkle with grated cheese and bake for 15 minutes in a 325 degree oven.

OYSTERS WILLIAMS STYLE

Start with at least one gunny sack of medium sized oysters, mainly because your guests will think that this recipe is so good that they will eat and eat and eat. Wash the oysters well, with hose and a scrub brush. Use your largest barbecue or borrow your neighbors as I do, and heap with at least 1/2 sack of charcoal. After the coals are red hot, place about one dozen oysters with the oyster's deep side down on the coals. This is most important, as the oyster stews in his own juice. Leave oysters on coals for 4 minutes or until the oyster shell opens. Remove from coals with either a canvas glove or tong and place oysters on a large tray to cool. With a plain knife, screw driver or oyster knife remove top shell and sever muscle of oyster from lower shell, leaving in lower shell. Sprinkle the following ingredients in the following order on the oyster. Melted butter, lemon juice, salt, pepper, Worcestershire sauce, and for the heartier souls a dash of tabasco sauce. At this time start eating.

For those patient souls, after the above ingredients are applied, put oysters in oven and broil for 2 minutes.

Serves 20.



HINTS & SHORT CUTS

HINTS

Before frying sole, or any white fish, spread the fish with mayonnaise, roll in cracker crumbs and brown in butter or oil until done.



Clam nectar may be used instead of fish stock in recipes.



To barbecue fish, wrap in fine chicken wire for easy turning on grill.



An excellent sauce for poached salmon can be made by combining 2 cups Hollandaise and 2 tablespoons caviar. Also good on baked salmon.



A pinch of corn starch in Laksloa or scalloped potatoes will keep the milk from crudling.



To clean razor clams, dip clam in boiling water and immerse immediately into cold water. This loosens the shell for easy removal of clam. With scissors, or very sharp knife, cut the clam open, removing all black veins and the brown "lungs." Wash and dry thoroughly before frying.

HINTS

To salt salmon, fillet a fresh salmon. Place skin side down on wax paper and cover with a medium thick coating of brown sugar. When sugar has changed to syrup, cut the fish into large pieces to fit a crock or glass jar. Put thin layer of rock salt on bottom of container, place first a layer of fish, meat side down, salting heavily. Next add a layer of fish, skin side down, salting heavily and alternating the layers. Be sure fish is covered with brine and it will keep up to one year.



For a change in potato salad, add a can of well drained salmon, mix lightly and refrigerate several hours before serving. The relishes and pickles may be omitted.



To cook crawfish, bring water in which pickling spices and fresh dill are added, to boil. Add the crawfish and bring to a boil again. Then set aside to cool, in brine.



Save your liquid from poached salmon for chowders—keeps well under refrigeration or may be frozen.

HINTS

To fry razor clams, dredge clams in flour which may be seasoned with seafood seasonings. Dip into beaten egg, then coat both sides with finely crushed cracker meal. Clams should be cooked quickly in very hot cooking oil. Fry until brown, turn and brown the other side. If it is necessary to add more oil, wait for it to heat before frying more clams.



To steam little neck or steaming clams, wash and scrub well. Place in large kettle with 1/2 inch salted water on the bottom of the kettle. Cover tightly and steam until clams open, 6 to 10 minutes. Discard any clams that do not open. Serve with melted butter. Broth very good, too.



To remove skin from fish for baking, turn oven to 550 degrees, place fish on foil and place in hot oven for ten minutes. Skin should peel off readily and leave fish ready for baking as usual.



To cook crabs, be sure they are fresh and alive. Bring to a boil salted water—1 cup rock salt to 1 gallon of water, using enough water to cover crabs. Put in the live crabs, bring to a boil, then boil 20 minutes. Take crabs out and blanch in cold water. If pickling spices are used, then crabs are left to soak for an hour before blanching.

SHORTCUTS

A quick tasty sandwich may be made by draining oil from one 13 ounce can of tuna, or use 2 tablespoons butter, with 3 tablespoons flour and 1 cup milk to make a white sauce. Season with salt and pepper, add tuna. Toast bread or buns on one side, top with creamed tuna, and sprinkle with grated Tillamook cheese. Brown under broiler and serve 6 sandwiches.



To bake lutefisk, line pan with large piece of foil, placing fish on foil and salt generously. Cover fish with foil and bake one hour in 325 degree oven. If necessary, ladle out some of the liquid and serve with drawn butter or white sauce.



A quick salmon casserole is made by sauteing one medium onion in butter, adding flour and milk for a medium white sauce. Pour on top of 2 cans of salmon, spoon mashed potatoes on top, sprinkle with paprika and bake in a pan of water 30 minutes at 350 degrees or until heated through.



For a spicy fish dish, beat 2 egg yolks, gradually add 1 1/2 cups hot thick white sauce, 2 teaspoons Worrestershire sauce, 1/2 teaspoon dry mustard, 2 teaspoons minced parsley. Mix thoroughly. Add 1 1/2 cups cooked flaked fish fillet, or one can tuna. Pour into oiled casserole, top with toasted buttered bread crumbs, bake in hot oven—400 degrees for 15 minutes.

SHORTCUTS

An excellent crab casserole can be made by combining 1 No. 2 1/2 can of hominy, ground, 1 pound crab meat, 1 1/2 cup cream sauce, 1 cup grated cheese, topped with buttered crumbs and baked at 350 degrees for 45 minutes. Will serve 6.



A rough weather stew is made by placing fillets of salmon into greased frying pan, with the skin of the fish on the underside. Salt the fish and use spices if you like. Place a layer of potatoes and onions on top. Add butter and water if too dry. Cover and bake at 350 degrees until done. May be prepared in electric fry pan on medium heat. Easy to do aboard a boat!



For serving tuna for 4 to 6 people, mix 1 1/2 cups poultry dressing, 2 cans tuna, 1 can celery soup, and 1 tablespoon lemon juice, bake in oiled casserole for 25 minutes in 325 degree oven.



A simple shrimp dish may be made by combining 1/2 pound shrimp, 1/2 pound crab, 3 cans chicken gumbo soup, 2 cans cream of chicken soup, 1 teaspoon curry, and 2 tablespoons sherry. Mix soups, curry, and sherry and let stand for 2 hours, adding crab and shrimp and heat through. Serve over rice.

SHORTCUTS

For a quick "Shrimp Arnaud," blend olive oil and vinegar in equal parts, and flavor with finely chopped green onion, crushed garlic, very little chili sauce, and very little Creole mustard. Toss cold cooked shrimp with this dressing and let the shrimp marinate over night. Sprinkle with paprika and serve.



Some quick tricks for serving cherry tomatoes as appetizers, slit the tomato two-thirds through from top to bottom with a sharp knife. Slip a smoked oyster or shrimp into the cavity. Or scoop out centers from cherry or plum tomatoes and fill center with caviar.



A delicious shrimp filling for English muffins is made by combining the following ingredients: $\frac{3}{4}$ cup mayonnaise, 1 cup grated cheddar cheese, 1 stalk celery cut fine, 1 cup Pacific shrimp, 3 green onions chopped, stems and all, and 4 strips of crisply cooked bacon. Spread above on English muffins and broil until cheese melts.



For Oysters Kirkpatrick, select small oysters, place them in half shells in broiler pan and top with few pieces of cheese, bacon and salt and pepper to taste, then top with catsup and bake in a 425 degree oven for 20 minutes or until bacon starts to curl.

SHORTCUTS

An excellent crab-shrimp casserole can be made by combining 1 cup crab meat, 1 cup shrimp, 2 cans mushroom soup and 1 cup finely diced celery, place in greased casserole, sprinkle with almonds and bake at 375 degrees about 25 minutes.



For tuna-rice curry lovers, combine 2 teaspoons curry in 2 cups cream sauce. Mix with 1 cup cooked rice, salt and pepper, 3 hard boiled eggs, chopped, 1 can tuna, 1 chopped onion and 1 tablespoon parsley. Bake at 325 degrees for one hour, sprinkle chopped green onions on top and serve with chutney.

